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## Track, Relay

and

## Cross-Country Rules

of the

## NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

# 1916

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GROUP VII. No. 362

TRACK, RELAY  
AND  
CROSS-COUNTRY RULES  
OF THE  
National Collegiate  
Athletic Association

1916

EDITED BY  
FRANK R. CASTLEMAN  
DR. JOHN L. GRIFFITH  
ROMEYN BERRY



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## Report of the Committee on Track and Field Rules

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We beg to submit the report of the committee appointed by the N. C. A. A. on Track and Field Rules. Your committee has had three meetings: the first was held in Chicago, December, 1914, following the meeting of the N. C. A. A.; the second was held in Philadelphia on April 27, 1915, and the third, a three day session, was held in New York, preceding this meeting.

At the first meeting, the general situation was studied and the work for the year planned; at the second meeting it was decided to apportion the work of ascertaining the sentiment towards standardization of rules in various parts of the country among the three members; at the third meeting your committee prepared a set of rules based on those adopted by this Association on December 29, 1910, and wishes to suggest such changes as seem best at this time.

We believe that there is a general sentiment towards standardization and we have aimed to suggest only such changes and to outline such policies as shall in our judgment prove satisfactory to the various units of this Association. This committee now finds that there are several sets of rules now being used by the various members of this Association, chief among them perhaps being the rules now used by the I. C. A. A. A., the rules of the New England Intercollegiate Athletic Association, those of the Western Intercollegiate Conferences and those of the Missouri Valley Conference. Other units within this Association we find are using one or the other codes mentioned above.

Your committee finds that the chief difference in these various sets of rules is in minor details, the order of events, the question of using as events the relay race, the hammer throw, the discus throw and the javelin throw. The events in most common use are the 100 yards dash, the 220 yards dash, the 440 yards

dash, the 880 yards run, the 1 mile run, the 2 mile run, putting the 16 lb. shot, throwing the 16 lb. hammer, throwing the discus, running high jump, running broad jump and pole vault.

Your committee has repeatedly been asked to suggest a definite set of events, an order of events and the fixed value of points for the winning of places. This the committee has done, realizing that conditions in the different sections of the country may make it expedient for the different games committees to make some variations in the programme and order of events and in the number of places to be scored in each event to meet local demands. The committee now proposes an order of events for dual meets and later will propose one to be followed when three or more members hold a meet.

In regard to the rules governing the conducting of meets there is already practical uniformity. Your committee believes that it would be wise to have one of the field judges designated as "head field judge" to serve as a referee of field events under the direction of the referee and to have a clerk of the course for field events. The committee further recommends that a surveyor be added to the list of officials, his duties being defined in the rules, and a field doctor, whose duties shall consist of administering to the needs of contestants in case of accident.

In the rules changes, the committee was not agreed on two matters, one the enlarging of the circumference of the discuss-throw circle, and the other the question of changing the old established measurements of the track. The committee suggests that the representatives at this meeting take definite action relative to these matters.

As relates to cross-country running, as an intercollegiate sport, your committee finds that this form of competition is well established and consequently presents rules to govern the same. It further recommends that owing to the lack of uniformity of courses, no official record shall be given, but where three or more members of this Association hold a meet, the names of the first ten men to score shall be published in the annual track and field rule book.

The records made by contestants in Conference or Association

meets held in accordance with the rules adopted by the N. C. A. A. should be published annually in the track and field rules book, beginning with the year 1916.

Your committee desires to state that while it has concerned itself with the matter of suggesting rules to govern track and field athletics for the members of the N. C. A. A., yet it believes that anything which this Association may find it advisable to do looking toward the standardization of all track and field rules within the United States should be done, just as it believes that it is desirable, insofar as possible, that the track and field rules of the various nations competing in the Olympic Games should be standardized.

The committee further recommends that next year the track and field rules committee should be empowered to formulate rules for the conduct of intramural and indoor track and field athletic sports which are not now included on the programme of events.

Respectfully submitted,

FRANK R. CASTLEMAN,  
W. A. LAMBETH,  
DR. JOHN L. GRIFFITH.

## Rules of Field and Track Athletics

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### RULE I.

#### OFFICERS.

The number of officials necessary to conduct a field and athletic meet varies according to the needs. Dual meets do not require as many officials. The officers of a large athletic meet shall be:

A Games Committee.  
A Referee.  
Four Inspectors.  
One Scorer.  
One Clerk of Course.  
Five Assistant Clerks.  
One Announcer with Assistants if necessary.  
One Surveyor.  
One Field Doctor.  
Press Steward.

1. *For Track Events—*

At finish, one Head Judge and four other Judges.  
Three Timers.  
One Starter.

2. *For Field Events—*

One Head Field Judge.  
Eight other Field Judges or Measurers.

3. *Officials of a Cross-Country Run shall be—*

The Games Committee.  
One Referee.  
Four Judges of the Finish.  
One Starter.  
One Clerk of Course.  
As many Inspectors as necessary.  
Three Timers.

The directors in charge of any set of games shall have authority to change or authorize the games committee to make such changes in the above list as they deem necessary.

## RULE II.

### GAMES COMMITTEE.

It shall be the duty of the Games Committee to provide grounds, supply equipment, secure officials, make out time schedule and arrange any change in the order of events necessary or agreed upon and, with the referee, make drawings for heats and other details that may arise in connection with the meet. They shall furnish the N. C. A. A. Rules Committee with a copy of the results and complete record of the meet, together with a statement of the track and weather conditions under which the meet was run.

## RULE III.

### REFEREE.

The Referee shall decide all questions relating to the actual conduct of the events for which settlement is not otherwise provided in these rules. His decision shall be final and without appeal. In case a race has been drawn into heats and no more contestants appear than enough to make one heat, the Referee shall be empowered to see that the race is run in one heat; but in all races requiring more than one heat, he shall see that no second man shall be debarred from a chance to qualify in the finals.

The Referee shall appoint one of the judges at the finish, Head Judge; one of the field judges, Head Field Judge, and one of the timers, Head Timer, who shall assume leadership in the duties of these positions.

## RULE IV.

### INSPECTORS.

The Inspectors shall perform such duties as may be assigned to them by the referee and shall report to him only, any violation of the rules which they may observe.

## RULE V.

## JUDGES OF THE FINISH.

The Judges at the Finish shall stand two at one end of the tape and three at the other. One shall take the winner, another the second man, another the third man, another the fourth, as the case may require. The judges shall pick one man more than the number to score. Their decision as to the order in which the men finish shall be final and without appeal.

## RULE VI.

## FIELD JUDGES OR MEASURERS.

*The Head Judge*—It shall be the duty of the Head Judge to measure, weigh and inspect implements and apparatus. To note wind and check records; to see that the field events start on time and continue without unnecessary delay. To assist the referee in keeping the proper relation of track and field events.

*The other Judges* shall measure, judge and record each trial of each competitor in all events, whose record is of distance or height. Their decision with that of the head judge shall be final and without appeal. They shall excuse a contestant from a field event in which he is taking part, long enough to take part in a track event, and allow such contestant to take his missed turn or turns in said field event within a reasonable time after the track event. They shall see that reasonable opportunities are given to contestants who desire to try in two field events that are being contested at the same time. To the end that there be no unnecessary delay, each competitor shall take his trial or turn when called upon to do so by the field judge having charge of the contest; and if, in the opinion of such field judge, the competitor unreasonably delays to do so, such judge may, in his discretion, forfeit such trial and have the same tallied against the competitor as one miss or failure. They shall make all measurements with a steel tape.

## RULE VII.

## TIMEKEEPERS.

There shall be three Timekeepers for each track event. In

case two watches agree, and the third disagrees, the time marked by the two shall be the official time. If all watches disagree, the time marked by the watch giving the middle time shall be the official time. Time shall be taken from the flash of the pistol. Three watches must record the time on an event for a record. Each timekeeper shall have his watch tested and regulated by an expert watchmaker shortly before the meeting.

### RULE VIII.

#### CLERK OF THE COURSE.

The Clerk of the Course shall be provided with the names of all entered competitors and their numbers, shall notify them at least five minutes before the start of any event in which they are entered. He shall be responsible for getting the competitors for each event out at the proper time. He shall place the men in their heats and give them positions on the track according to their drawings. He shall assign such duties to the assistants as he may see fit.

### RULE IX.

#### SCORER.

The scorer shall keep a record of the starters and point winners in each event, together with their respective courses and complete results. He shall record the laps made by each competitor and call them aloud, when tallied, for the benefit of the contestants.

He shall notify the starter before the beginning of the last lap in each distance race, at which time a signal by bell or pistol shot shall be given the competitors.

### RULE X.

#### STARTER.

The Starter shall have entire control of the competitors at the marks, except as above provided for in the duties of the clerk of course, and shall be the sole judge of the fact as to whether or not any man has gone over his mark. He shall be responsible for starting the track events promptly after the men have been given their positions by the clerk of the course. He

shall also be responsible for unnecessary delay in the continuance of said events. He shall give a signal by pistol shot or bell at the beginning of the last lap in each distance race.

#### RULE XI.

##### PRESS STEWARD.

The Press Steward shall obtain from officials, names of all starters in each event, names of all point winners and times or distances of each winning or record performance, and keep the press thoroughly informed of all the doings of the meet.

#### RULE XII.

##### SURVEYOR.

Shortly before the meet, the official Surveyor shall measure the track and all courses and present a written statement of the same to the games committee and the referee.

#### RULE XIII.

##### COMPETITORS.

Immediately on arriving at the grounds each competitor shall report to the clerk of course and obtain his number for the events in which he is entered. He shall inform himself of the times at which he must compete, and shall report promptly for his events, without waiting to be notified. No competitor shall be allowed to start without his proper number.

#### RULE XIV.

##### INNER GROUNDS.

No person shall be allowed inside the track, except the officials. Authorized persons shall wear a badge. Competitors not engaged in the events actually taking place shall not be allowed inside or upon the track.

#### RULE XV.

##### TRACK.

The measurement of the track shall be 18 inches from the inner edge, which edge shall be a solid curb 3 inches above the level of the track.

## RULE XVI.

## ATTENDANTS.

No attendant shall accompany a competitor on the scratch or in the race.

## RULE XVII.

## STARTING SIGNALS.

All races, except time handicaps and cross-country runs, shall be started by the report of a pistol, the pistol to be fired so that its flash shall be visible to the timekeepers. A snap cap shall be no start. In case of an unfair start, the starter may recall the competitors by a second pistol shot. Time handicaps and cross-country runs may be started by the word "go."

## RULE XVIII.

## STARTING.

When the starter receives the signal from the Head Finish Judge that everything is in readiness, he shall direct the competitors to get on their mark. Any competitor starting before the signal shall be put back one yard. For the second offense, another yard; for the third offense, shall be disqualified from that event. For indoor races of fifty yards or less, the penalty of starting before the signal shall be one foot for the first and second offense and for the third, disqualification. A competitor shall be held to have started when any portion of his body touches the ground in front of his mark. Stations shall count from the inside.

## RULE XIX.

## KEEPING PROPER COURSE.

In all races on a straight track each competitor shall keep his own position on the course from start to finish. In the 100 and 220 yards dashes, courses for contestants may be marked out with lime, or, preferably, by stakes protruding 18 inches from the ground, and connected at the top by a cord or wire.

## RULE XX.

## CHANGING OF COURSE.

In all races other than on a straight track, a competitor may change towards the inside whenever he is two strides ahead of the man whose path he crosses, with the exception that after rounding the last turn into the straightaway before reaching the finish, the competitor must keep a straight course to the finish line and not cross either to the outside or to the inside in front of any of his opponents.

## RULE XXI.

## FOULING.

Any competitor may be disqualified by the referee for jostling, running across, or in any way impeding another, and all competitors representing a team in any one event may be disqualified by the referee by the act of any one of such competitors in jostling, running across or in any way impeding another. When in any but the final heat of a race, a claim of foul or interference is made, the referee shall have the power to allow the hindered competitor or competitors to start in the next round of heats just as if he or they had been placed in his or their trials.

When in the final heat a claim of foul or interference is made or where, in the judgment of the referee, fouling or interference has occurred, the referee shall also have the power to order a new race between all or such of the competitors as he considers entitled to such a privilege.

## RULE XXII.

## FINISH.

The finish line shall be a line on the ground drawn across the track from finish post to finish post, and the men shall be placed in the order in which they completely cross this line. For the purpose of aiding the judges, but not as the finish line, yarn shall be stretched across the track at the finish, four feet above the ground. It shall not be held by the judges, but fastened to the finish post at either side so that it may always be at right

angles to the course and parallel to the ground. This yarn shall be "breasted" by the competitor or competitors in finishing and not seized with the hands.

### RULE XXIII.

#### QUALIFYING.

In the shot put, hammer throw, discus throw, javelin throw and broad jump events, the same number shall be qualified for the finals as there are places scored in the finals.

### RULE XXIV.

#### TIES.

In case two or more competitors run a dead heat for any places which count points in a track event or tie in a distance event or height in a field event—after the prescribed number of trials, the points shall be divided equally between these competitors and the prizes shall be awarded by lot.

### RULE XXV.

#### HURDLES.

The 120 yards hurdle race shall be over ten hurdles, each 3 feet 6 inches high. Each competitor must have a separate flight of hurdles. The first hurdle shall be placed 15 yards from the scratch and there shall be 10 yards between each two hurdles. The 220 yards hurdle race shall be over ten hurdles, each 2 feet 6 inches high. The first hurdle shall be 20 yards from the scratch, and there shall be 20 yards between each two hurdles.

The hurdles shall be pinned or fixed so that the gates are rigid, the bases or feet of each hurdle shall be not less than 18 inches broad.

No record shall be made in the hurdle race unless each of the hurdles at the time the competitor jumps the same is standing and is not knocked down by such competitor. Any competitor who knocks down one half or more of the hurdles in his race, shall be disqualified in that event.

A competitor who wilfully trails his leg or foot alongside of any hurdle shall be disqualified in that event.

A competitor who runs over a hurdle not in his flight or runs around a hurdle shall be disqualified in that event.

For short indoor hurdle races, the hurdles shall be placed as for outdoors.

#### RULE XXVI.

##### RUNNING HIGH JUMP AND POLE VAULT.

The jump and the vault shall be made over a bar resting on pins which shall be round and without notches or indentations and projecting at right angles not more than three inches from the uprights. The bar shall be placed at right angles to the path and pit. The pit shall have a minimum dimension of 10 feet by 10 feet.

The height of the bar at starting and at each successive elevation shall be determined by the officials in charge of the event. Three trials are allowed at each height. Each competitor shall make one attempt in the order of his name on the programme; then those who have failed (if any) shall have a second trial in their regular order, and those who have failed shall have a third trial in their regular order. A competitor may omit his trials at any height but if he fails at the next height he shall not be allowed to go back and try the height he omitted. If he elects to try at a certain height he must continue until he has failed or gone over the bar.

No weights or artificial aids shall be allowed in any of the jumping contests.

*The High Jump*—A line, to be known as the balk line, shall be drawn three feet in front of the bar and parallel therewith, and stepping over such line, in any attempt, shall count as a balk. Two balks shall count as a trial. Displacing the bar or running under the bar shall count as a trial.

*The Pole Vault*—A line, to be known as the balk line, shall be drawn fifteen feet in front of the bar and parallel therewith. Stepping over such a line in any attempt shall count as a balk. Two balks count as a trial. Displacing the bar or leaving the ground in an attempt shall count as a trial. The poles may be

unlimited as to size and weight, but shall have no assisting devices, except that they may be wound or wrapped in uniform thickness with any substance for the purpose of affording a firmer grip and may have one prong at the lower end.

No competitor shall, during his vault, raise the hand which was uppermost when he left the ground to a higher point on the pole, nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand.

A competitor shall be allowed to dig a hole not more than one foot in diameter at the take-off in which to plant his pole.

#### RULE XXVII.

##### BROAD JUMP.

The competitor shall have unlimited run, but must take off from or behind the scratch line. The scratch line shall be the outer edge of a joist, eight inches wide, which shall be set firmly in, and on the same level as the ground. When any part of the competitor's foot is over the scratch line, while taking off for a jump, it shall be no jump, but shall, however, count as a "try." If any competitor swerves aside at the take-off line, or such line extended, and runs or falls beyond such line, such jump shall not be measured but shall count as a trial.

The measurement of any jump shall be made at right angles from the nearest break in the ground, made by the body or apparel of the competitor, to the scratch line or to such line extended.

The pit in which the jumpers are to alight shall be not less than five feet in width and shall have an elevation not less than that of the take-off.

Each competitor shall be allowed three trials, and those qualifying shall be allowed three more trials. Each competitor shall be credited with the best of all his jumps.

*Balks*—A line shall be drawn fifteen feet in front of the scratch line, and stepping or falling over such a line, or such a line extended, in making an attempt, shall count as a balk; two balks shall count as a "try."

## RULE XXVIII.

## PUTTING THE SHOT.

The shot shall be a metal sphere weighing 16 lbs. It shall be put from the shoulder with one hand and during the attempt it shall not pass behind or below the shoulder.

It shall be put from a circle, seven feet in diameter, four feet of whose circumference shall be a toe board four inches in height. Foul puts which shall not be measured but which shall count as puts are as follows:

1. Letting go of the shot in an attempt.
2. Touching the ground outside of the circle with any portion of the body while the shot is in the hand.
3. Touching the top of the stop board or ground outside of the circle with any portion of the body or apparel before the put is marked.

Each competitor shall be allowed three puts and those qualifying shall each be allowed three more puts. Each competitor shall be credited with the best of all of his puts. The measurement of the put shall be from the nearest edge of the first mark made by the shot to the point of the circumference of the circle nearest such mark.

## RULE XXIX.

## THROWING THE HAMMER.

The hammer shall be a metal sphere, the handle shall be made of wire. Such wire must be best grade spring steel not less than  $\frac{1}{8}$  of an inch in diameter; or, number 36 piano wire, the diameter of which is  $102/1000$  of an inch. If a loop grip is used it must be of rigid construction. The length of the complete implement shall not be more than four feet, and its weight not less than 16 lbs.

The hammer shall be thrown from a circle seven feet in diameter. In making an attempt a competitor may assume any position he pleases. Foul throws, which shall not be measured but which shall count as throws, are as follows:

1. Letting go of the hammer in an attempt.
2. Touching the ground outside of the circle with any por-

tion of the body or of the wearing apparel thereon while the hammer is in the hand.

3. Stepping upon the circle or touching the ground outside of the circle with any portion of the body or of the apparel thereon before the throw is marked.

4. Throwing the hammer so that it falls outside the sector formed by two radii drawn at right angles with each other and starting at the center of the circle from which the hammer is thrown, extending through the front half thereof to an arc concentric with said circle and removed therefrom by the distance of the throw.

Each competitor shall be allowed three throws and those qualifying shall be allowed three more throws. Each competitor shall be credited with the best of all his throws. The measurement of the throw shall be from the nearest edge of the first mark made by the head of the hammer to the point of the circumference of the circle nearest such mark. To guard against accident it is advisable that all throws be made from a spot suitably protected by a heavy wire screen.

#### RULE XXX.

##### DISCUS THROW.

The discus shall be thrown from a circle seven feet in diameter. All throws to be valid must fall within a 90 degree sector marked on the ground. It shall be a foul throw if the competitor, after he has stepped into the circle and started to make his throw, touches with any part of his body or clothes the ground outside the circle, before the discus strikes the ground.

Each competitor shall be allowed three trials, and those qualifying shall be allowed three more trials. Each competitor shall be credited with the best of all his throws.

The discus shall be composed of a metal rim, permanently attached to a wood body, brass plates set flush into the sides of the wood body and, in the exact center of the discus, a means for securing the correct weight. The brass plates shall be circular in form, having a diameter of not less than two inches (50.799 millimeters). Each side of the discus shall be a counter-

part of the other side and shall have no indentations, projecting points, sharp edges; the sides shall taper in a straight line from the beginning of the curve of the rim to a line distance of one inch (25.399 millimeters) from the center of the discus.

The largest dimensions shall be a circle not less than 8 $\frac{5}{8}$  inches (219.07 millimeters) in diameter. The thickness through the exact center on a line perpendicular to the diameter shall be not less than 1 $\frac{3}{4}$  inches (44.449 millimeters). The thickness of one inch from the center shall be exactly the same as at the center. The thickness of the rim at a distance of one-quarter inch (6.35 millimeters) from the edge shall be not less than one-half inch (13.70 millimeters). The edge shall be rounded on a true circle. The weight of the discus shall be not less than 4 pounds 6 and 4/10 ounces (2 kilograms) complete as thrown.

#### RULE XXXI.

##### JAVELIN THROW.

The javelin shall be thrown from behind a scratch line properly marked, which shall be a board three inches in width and twelve feet in length, sunk flush with the ground.

The javelin must be held by the grip, and no other method of holding is permissible.

No throw shall be counted in which the point of the javelin does not strike the ground before any part of the shaft.

The throw is measured from the point at which the point of the javelin first strikes the ground, to the scratch line or the scratch line produced.

The thrower must not place his foot or feet upon the board.

In javelin throwing the competitor must not cross the line until his throw has been marked.

In throwing the javelin, if the javelin breaks while in the air, it shall not count as a trial.

Each competitor shall be allowed three trials, and those qualifying shall be allowed three more trials. Each competitor shall be credited with the best of all his throws.

The javelin shall be of wood with an iron or steel point. It shall be constructed in such a way that the space between the

foremost point and the center of gravity is not longer than 1.203 yards (110 centimeters) or shorter than 2.953 feet (90 centimeters).

It shall have about the center of gravity, a grip formed by binding 6.3 inches (16 centimeters) broad, of whipcord, without thongs or notches in the shaft, and shall have no other holdings than the above mentioned binding, whose circumference at either edge shall not exceed the circumference of the shaft, by more than .984 inches (25 millimeters). The length shall be not less than 8.5 feet (260 centimeters) complete as thrown.

The weight shall not be less than 1.6 lbs. (800 grammes) complete as thrown.

## RULES XXXII.

### RELAY RACING.

1. Relay racing shall be between teams of two or more contestants, no one of whom shall run more than one relay, and only those contestants shall be allowed to run in the final heat who have competed in the trial heats. The contestants of the team must not be changed after a trial heat has been run.

2. A line shall be drawn ten yards on each side of the starting line. Within this twenty-yard zone each runner must pass the baton to his teammate succeeding him in the next relay of the race. The baton must be actually passed, not thrown or dropped, by the contestant and picked up by the one succeeding him. Failure to pass the baton shall disqualify the team from competition in the event in which it has occurred.

3. The same rules with reference to fouling, coaching or impeding a runner in any manner shall apply to relay racing, as to all other running events, except that within the twenty yards within which the baton is to be passed, the contestant passing the same and the one to whom it is to be passed may overlap each other.

4. The relative position of the teams on the starting line shall be drawn for and these positions shall be kept by the teams throughout the race.

*The baton* shall be of wood, of a length not more than 11.81 inches (300 millimeters). Its weight shall not be less than

1.769 ounces (50 grammes). The circumference shall be 4.724 inches (120 millimeters).

*Order of Events for Dual Meets—*

*Track Events—*

1. 100 yards dash.
2. Mile run.
3. 220 yards dash.
4. 120 yards high hurdles.
5. 440 yards run.
6. 880 yards run.
7. 220 yards low hurdles.
8. Two mile run.
9. \*Relay.

*Field Events—*

1. Pole vault.
2. Shot put.
3. High jump.
4. \*Discus throw.
5. Hammer throw.
6. Broad jump.
7. \*Javelin throw.

\* When these events are used they shall come in the above order.

All track events shall be run on a time schedule, with an interval of not less than five minutes or more than fifteen between events.

**RULE XXXIII.**

**RECORDS.**

For the purpose of preserving the track and field records of the members of the National Collegiate Athletic Association, as well as to establish a bureau of intercollegiate records, it is requested that the members of the Association send in reports of their intercollegiate meets to the committee on track and field rules not later than three days after the meet.

Results of meets may be sent to Professor Frank R. Castleman, Athletic House, Ohio State University, Columbus, Ohio; Dr. John L. Griffith, Drake University, Des Moines, Iowa; Mr. Romeyn Berry (Cornell University), 141 Broadway, New York City.

## Cross-Country Running Rules

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### RULE I.

#### COURSE.

The cross-country running meet shall be held over a course three to seven miles in length, as the games committee shall determine. It shall be marked by flags as follows:

A white flag to indicate that the course is straight ahead.

A red flag to indicate a turn to the right.

A yellow flag to indicate a turn to the left.

The flags shall have a minimum dimension of one foot square and shall be placed on stakes not less than two nor more than four feet from the ground. The course shall be properly surveyed in the middle.

### RULE II.

#### SCORING.

The team that scores the lowest number of points shall be winner. First place shall count 1, second place 2, third place 3, and so on.

Each contestant having scored against him the number of points represented by the place in which he finishes. Each team shall have scored against it the total number of points tallied by the first five of its runners (or the number previously determined by the games committee). The number to score shall be at least one less than the number allowed to enter.

### RULE III.

#### OFFICIALS.

There shall be appointed by the games committee, one referee, five judges of the finish, one starter, one clerk of course, one physician and as many inspectors as the referee may request. In other respects the rules covering track events shall apply.

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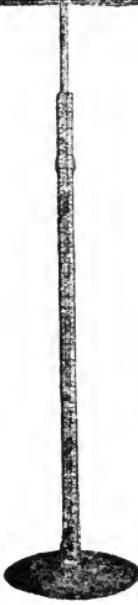
## SPALDING VAULTING AND JUMP STANDARDS

Substantially built and measurements are clearly and correctly marked.

No. 116. Graduated in half inches, adjustable to 13 feet.  
Complete, \$15.00

No. 111. Inch graduation, 7 feet high. . . . Complete, \$9.00

No. 116  
VAULTING STANDARD

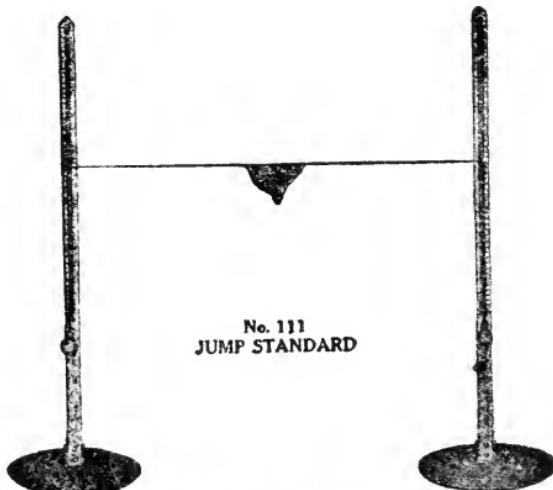


### Cross Ears

No. 212. Officially correct.  
Hickory. . . . Dozen, \$6.00

No. C. Cord, with Weight Bags at either end, for use on Vaulting Standard. . Each, \$2.00

We supply everything needed to fit out an athletic field in proper shape, in addition to everything needed by officials in charge. Write us about anything required but which is not shown in this catalogue. We are the "official outfitters" for all organized athletic bodies in the United States.



No. 111  
JUMP STANDARD

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**A. G. SPALDING & BROS.**  
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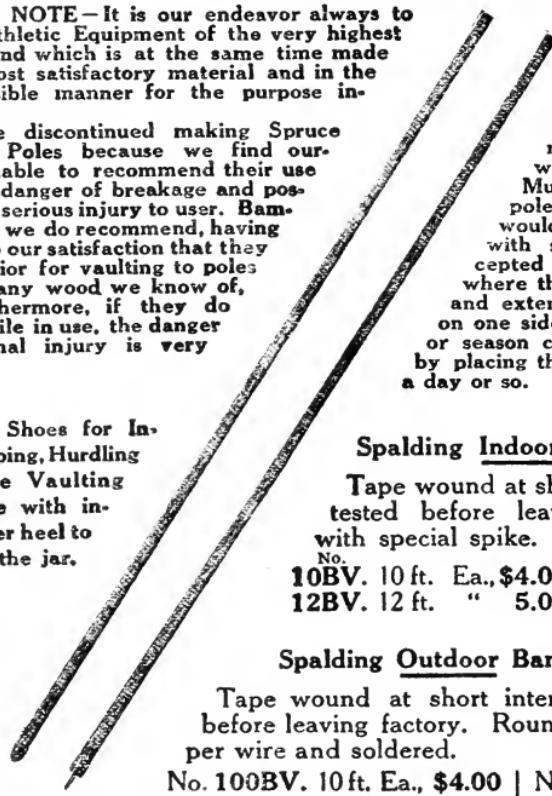
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## SPALDING VAULTING POLES

**SPECIAL NOTE**—It is our endeavor always to supply Athletic Equipment of the very highest quality, and which is at the same time made of the most satisfactory material and in the best possible manner for the purpose intended.

We have discontinued making Spruce Vaulting Poles because we find ourselves unable to recommend their use owing to danger of breakage and possibility of serious injury to user. Bamboo poles we do recommend, having proven to our satisfaction that they are superior for vaulting to poles made of any wood we know of, and, furthermore, if they do break while in use, the danger of personal injury is very remote.

Spalding Shoes for Indoor Jumping, Hurdling and Pole Vaulting are made with inside rubber heel to take up the jar.



Owing to differences in climatic conditions it is impossible to keep Bamboo Vaulting Poles from cracking. These cracks or season checks do not appreciably detract from the merits of the poles, except where they are continuous. Much of the real strength of the pole is in the joints. All of our tests would seem to prove that poles with season checks may be accepted as safe and durable, except where the season check is wide open and extends through several sections on one side. Very frequently such splits or season checks can be entirely closed by placing the pole in a damp place for a day or so.

### Spalding Indoor Bamboo Vaulting Poles

Tape wound at short intervals. Thoroughly tested before leaving our factory. Fitted with special spike.

No.	No.
10BV. 10 ft. Ea., \$4.00	14BV. 14 ft. Ea., \$6.00
12BV. 12 ft. " 5.00	16BV. 16 ft. " 6.00

### Spalding Outdoor Bamboo Vaulting Poles

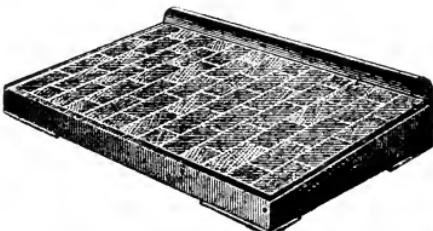
Tape wound at short intervals. Thoroughly tested before leaving factory. Rounded end wound with copper wire and soldered.

No. 100BV. 10 ft. Ea., \$4.00	No. 104BV. 14 ft. Ea., \$6.00
No. 102BV. 12 ft. " 5.00	No. 106BV. 16 ft. " 6.00

## INDOOR POLE VAULTING BOARD

No. 117. Made up of sectional blocks of wood placed on end so that spike of vaulting pole will not split them. bound in by heavy wood frame.

Complete, \$16.00



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## Spalding Athletic Hammers

**No. 16BH.** Spalding "Official Olympic" Brass Shell Head 16-lb. Hammer (Pat'd Aug. 20, 1912), including ball-bearing swivel (Pat'd May 15, 1900). Supplied regularly with double triangle wire grip (Pat'd Dec. 22, 1914). Each, \$7.00

**No. 12BH.** 12-lb. Brass Shell Head Hammer, otherwise same as No. 16BH. Ea., \$6.50



**No. 16IHB.** 16-lb. Solid Iron Head Hammer, including Ball-bearing swivel (Pat'd May 15, 1900), double triangle wire grip. Each, \$4.00

**No. 12IHB.** 12-lb. Solid Iron Head Hammer, otherwise same as No. 16IHB. Each, \$3.50

**No. 8IH.** 8-lb. Solid Iron Head Hammer without ball-bearing swivel. Double triangle grip. Ea., \$2.50

## Extra Handles for Athletic Hammers



**No. MG.** Single Grip Style (see cut). Used by many prominent throwers. Supplied separately with wire handle. Each, \$2.00

**No. FH.** Double Triangle Grip, complete with iron handle, furnished separately. Each, 75c.

Any regular Spalding Hammer listed above furnished with No. MG grip instead of double triangle style on special order, at an extra charge of \$1.25

## Leather Case for Athletic Hammers

**No. L.** Leather Case, to hold either 12 or 16-lb. hammers. . . . Each, \$2.00

## Spalding "Official Olympic" Circles

**No. 9.** 7 Foot Diameter Circle. The shot and weights are thrown from this size circle. Three sections, band iron, painted white. . Each, \$10.00

**No. 19.** 8 Foot 2 inch Diameter Circle. For throwing discus. Three sections, band iron, painted white. . . . . Each, \$10.00



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### Spalding Athletic Shot

No. 16BS.	Spalding "Official Olympic" Brass Shell Shot.	16-lb.
	(Patented August 20, 1912).	Each, \$6.00
No. 12BS.	12-lb. Brass Shell.	" 5.00
No. 16IS.	16-lb. Solid Iron.	" 1.75
No. 12IS.	12-lb. Solid Iron.	" 1.50
No. 24LS.	24-lb. Solid Lead.	" 6.00
No. 24IS.	24-lb. Solid Iron.	" 5.00
No. 8IS.	8-lb. Solid Iron.	" 1.25
No. 5IS.	5-lb. Solid Iron.	" 1.00
No. 26.	8-lb. Leather covered.	" 5.00
No. 5.	5-lb. Leather covered.	" 4.00

### Regulation 56-lb. Weight

No. 2. Used and endorsed by all weight throwers. Lead.  
Packed in box, guaranteed correct in weight.  
Complete, \$15.00



### Tambourine

No. 1. Required when throwing 56-lb. weight for height.  
Each, \$10.00

### Spalding Indoor Athletic Shot—Rubber Covered

Patented December, 1905

Scientifically made; perfectly round; gives fine grip; has proper resiliency when it comes in contact with floor; wears longer than ordinary leather covered; lead dust will not sift out; always full weight.

No. P.	16-lb. Rubber covered.	Each, \$12.00
No. Q.	12-lb. Rubber covered.	" 10.00



### Spalding Indoor Shot—Leather Covered

Method of construction prevents loss of weight even when used constantly.

No. 3.	12-lb. Leather covered.	Each, \$6.50
No. 4.	16-lb. Leather covered.	" 7.50

Spalding Athletic Implements are best—First, because we have decided that no trouble or expense will be spared in their manufacture. Second, because we really know how to make them to give best results, and Third, because we have the special skilled workman and the machinery, tools, etc., necessary in the manufacture of special implements of this description.

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## The Spalding "Official Olympic" Discus No. 5



Made in accordance with I. A. A. F.,  
A. A. U., and Intercollegiate A. A.  
A. A. specifications.

This is a duplicate of the original  
sample submitted to the I. A. A. F.  
Congress at Lyons, France, June 19th,  
1914, and which was so favorably  
commented upon and unanimously  
adopted for use in all future Olympic  
games.

No. 5. Spalding "Official Olympic"  
Discus, wood center. Each, \$5.00

## Spalding Practice All-Steel Discus

Patented March 30, 1915

Same size and shape as the "Official Olympic" style, but made all of steel, which forbids its use as an official implement. It is recommended for practice and on account of all-steel construction will give maximum amount of service.

No. 15. Spalding "Practice" Discus, all steel. . . . . Each, \$4.00

## Spalding "Youths' Official" Discus

Wood center. Official for Junior Discus Competitions.

No. Y. Spalding "Youths' Official" Discus, wood center. . . . . Each, \$4.00

## Spalding "Official Olympic" Javelin

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Made in exact accordance with I. A. A. F., A. A. U., and Intercollegiate A. A. A. A. specifications.

No. 153. Spalding "Official Olympic" Javelin. . . . . Each, \$3.00

**SPECIAL NOTE**—Specifications in the Official Rules covering Javelin throwing are such that in complying with them the Javelin is necessarily quite frail; hence, if it is not thrown with the proper degree of skill it is easily broken and this through no fault of material or workmanship. We are unable, therefore, to guarantee Javelins against breakage while in use. We guarantee only against defective material or workmanship, and in 95 cases out of a 100 where a Javelin shaft is broken we have found it was the result of faulty manipulation or awkwardness on the part of the performer.

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## Spalding "Olympic Championship" Running and Jumping Shoes

All of these shoes are hand made. Finest kangaroo leather uppers and best white oak leather soles.



No. 3-0



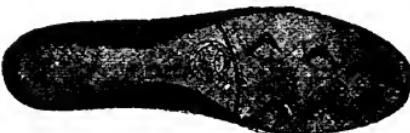
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### Spalding "Monitor" Sprint Running Shoes Patent applied for.

No. 3-0. Lightest running shoe made. Hand made spikes. Especially for 100 and 220 yards races. Strictly bench made throughout.

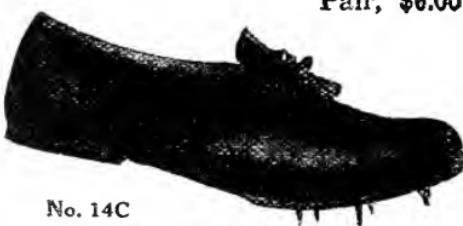
Pair, \$6.00



### Spalding "Olympic Championship" Short Distance Running Shoes

No. 2-0. Extremely light and glove fitting. Hand made steel spikes. For short distances, especially 440 and 880 yards and one mile races.

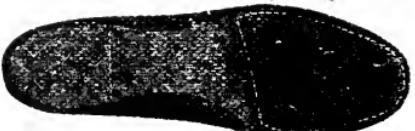
Pair, \$6.00



No. 14C



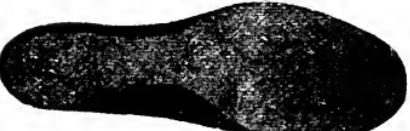
No. 14F



### Spalding "Olympic Championship" Long Distance Running Shoes

No. 14C. For long distance races on athletic tracks. Electric heels, flexible shanks. Hand made steel spikes in soles. No spikes in heels.

Pair, \$5.00



### Spalding "Olympic Championship" Hurdling Shoes

No. 14F. Made on same last as our Sprint Running Shoes. Hand made steel spikes. Perfect shoes for hurdling. To order only. Not carried in stock.

Pair, \$6.00

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# STANDARD QUALITY

An article that is universally given the appellation "Standard" is thereby conceded to be the Criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for forty years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect, must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.



# STANDARD POLICY

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, 17 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

**FIRST.—The user is assured of genuine Official Standard Athletic Goods.**

**SECOND.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.**

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This, briefly, is the "Spalding Policy," which has already been in successful operation for the past 17 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

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